

Simone Olsthoorn – 5th International Conference on Innate Lymphoid Cells

Attending the 5th International Conference on Innate Lymphoid Cells (ILC5) in Cambridge was an incredibly inspiring experience, especially as a third-year PhD candidate researching group 2 innate lymphoid cells (ILC2s). Unlike the broader immunology conferences I've attended so far, where ILCs are rarely discussed, every session at ILC5 focused on this interesting field of ILCs. Presentations by leading experts provided valuable insights into the role of ILCs in inflammation and diseases like cancer, as well as their interactions with the environment, including neuroimmune interactions, their metabolic regulation, and memory features. I was particularly excited by the rapidly evolving techniques, such as single-cell approaches, spatial imaging, and the broad variety of mouse models, which are now being applied to study these rare cells and better understand their identity and function.

My poster, titled "Multi-omics Dissection of Developmental Trajectories and Plasticity in Human Innate Lymphoid Cells," was well-received, and the feedback I received during discussions was very helpful and will enhance my ongoing experiments. The interesting program and beautiful setting of Cambridge made the experience both productive and enjoyable. I am very thankful to the NRS for supporting my attendance at this conference.